

"Festive Family Thanksgiving Cookbook"

Recipe

Pumpkin Bread Pudding

Serves 8 ● Preparation time 20 minutes

Baking time 1 hour 15 minutes

1½ cups of nonfat milk

1 -16 oz. can or 1½ cup
mashed, cooked pumpkin

1 apple, peeled, cored,
finely chopped (optional)

¼ tsp. ground cloves

½ cup firmly packed brown sugar

nonstick cooking spray

2 eggs lightly beaten

2 tsp. ground cinnamon

1 tsp. vanilla

1 tsp. ginger

4 cups or 8 slices (1 oz. each) of
raisin bread, cut into ½" cubes

½ cup raisins (optional)

Combine all the ingredients except the bread in a large bowl, stir well with a wire whisk or large fork. Add bread; stir well.

Pour mixture into a shallow 2 quart casserole dish (9 x 13) coated with cooking spray.

Bake at 350° degrees for 1 hour 15 minutes or until set. If using a glass dish, reduce oven temperature to 325° degrees. Cool on wire rack. Serve warm or at room temperature.

Nutrition Facts Per Serving: 183 Calories, 2 g Total Fat, 18 Calories, 1 g Saturated Fat, 47 mg Cholesterol, 136 mg Sodium.

Nutrition Tip:

"This bread pudding was quick to put together, low fat and really delicious."

Jeanne Silberstein, MPH, RD

